

The Human Touch

Utah Department of
Human Services
120 N. 200 W.
Salt Lake City, 84103
801.538.4001
801.538.4016 Fax
hs.utah.gov



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And More!

Director's Message



Lisa-Michele Church,
Executive Director

I would like to highlight the excellence of the Division of Substance Abuse/Mental Health. They are an outstanding group of individuals who have re-invented much of the important work done by their division. Led by Mark Payne-- who came from the State Hospital last year -- they are visionary and hard-working.

Mark is joined by Ron Stromberg on the Mental Health side of the division. Ron has brought his energy to new efforts on suicide prevention, helping our soldiers, and children's mental health. I am impressed by Kristin Reisig and Rick Hendy, who also push for innovative initiatives. Rick recently spearheaded the cross cutting discussions between staff of Substance Abuse/Mental Health and Division of Services for People with Disabilities to find new collaboration practices.

Last year I challenged the mental health leaders of our state to examine the funding model of their system

from the ground up - to decide what works and what doesn't. The advocates called their approach "Futures" and it has resulted in an approach that we are busy taking to individual legislators this month. I commend Utah Behavioral Healthcare Network, Mark, and Division staff for rising to the challenge.

On the Substance Abuse side of the division, Brent Kelsey has led out in response to the Governor's interest in the meth epidemic. Brent has served tirelessly on the Meth Task Force, along with several other Human Services leaders, and is intent on making the public awareness and prevention efforts meaningful. He also helped organize SARA - a new advocate group for people in recovery. SARA is the Substance Abuse Recovery Alliance with the web site of www.sarautah.org. Kelly Quernemoen is doing a fabulous job on the drug court programs, and Craig PoVey recently won an important grant for the division's prevention efforts. The division is just filled with people like these I've mentioned, and I want them to know how much I appreciate them. Whether you are advising a local mental health center, running a grant, or working at the State Hospital, you do a tremendous job.

I recently attended Recovery Day at the Division's invitation. It was an inspiring day full of hope; we heard from many individuals who were fighting the good fight against addiction every day. Photos from the day can be found on page six of this Human Touch. I am so proud to be associated with a Division that puts its best effort out in the community. We are making a difference!



Laughter and Wellness

Lisa Schauerhamer, Wellness Council

Laughter is a potent tool for wellness. "Live Your Own Sit-Com" is a presentation Healthy Utah offers work teams. Here are some ideas from it on how to live your own situation comedy.

- Reframe a situation; too often we overlook the absurdity in our lives
- Live in the present. Use the good china. Don't live for your retirement. Live like today is the best day
- Realize that you are not the center of the universe. No one woke up this morning wondering how to ruin your day
- Celebrate your humanness. Stop being a perfectionist by embracing your uniqueness
- Be childlike. Laugh out loud. Children laugh an average of 400 times a day. An adult laughs 14 times a day

Realize that you are the best company you will ever have. Make yourself happy by planning an event for yourself this week.



Laughter helps you. Laughter diminishes anxiety, strengthens the immune system and even increases your tolerance to pain. It provides a mini-aerobic workout. Can you remember the last time you laughed until your whole body hurt? That is a good workout.

SO LAUGH FOR HEALTH'S SAKE!!!



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Connecting with ORS Today

Catherine Taylor, ORS

"We make a living by what we get, but we make a life by what we give" says a sign posted on Jessica Gallegos' office window which captures the spirit of the Office of Recovery Services Giving Back to the Community Non-Food Drive.

And give is just what statewide ORS employees did during July and August. Over 10,000 items were collected and given to charitable organizations across the state.

Staff opted out of the traditional food drive, collecting instead for three types of unmet needs related to poverty and hunger: school supplies, baby items and personal hygiene items. None of these are usually available in the Food Banks but much needed by vulnerable Utah children and adults.

The winning office team selected the charity to receive their donations. All six ORS offices participated---and did this on top of a particularly grueling officewide Imaging Project. Many teams said they felt like winners just because

they participated, not necessarily because of the amount of things donated.

"Your response to the first annual Giving Back to the Community, ORS Non-Food Drive has been overwhelmingly positive," Jackie Languet told employees.



Donations given to:

- **Ogden's Christmas Box House and Family Support Center**
- **Davis School District's Young Parent's Program**
- **Richfield's New Horizon's Crisis Center**
- **St. George's Children's Justice Center**



Utah State Hospital Volunteers Change Their Colors

Shawna Peterson, Volunteer Services Coordinator

Lena DeRose and Clara Averett have spent 36 years volunteering as "quilters" at Utah State Hospital. They're among 35 people from the Retired Senior Volunteer Program who volunteer by making quilts twice each week.

Proceeds from their quilt sales buy eyeglasses, dentures, orthodontic work, leg braces, wheel chairs and other things needed by patients with limited financial resources.

When asked why they are still coming after 36 years, DeRose and Averett smile and say it is a way for them to help and serve others. They have made life-long friends, hear and share good stories, and are happy to know that their skills help others.

Midge Patrick, Ruth Hatch, and Joan Hamilton run the used hospital's clothing center. The ladies have run the center for over 15 years. Giving patients the opportunity to select their own clothes helps increase self esteem and enables the patients to feel good about the way they look.

Today's volunteers serve in greater numbers than ever before. Last year 728 volunteers donated 24,691 hours of service. The majority are students from Brigham Young University and Utah Valley State College.

The Forgotten Patient Christmas Project has served hospital patients for 50 years. Community volunteers provide Christmas gifts for patients that would literally be "forgotten" without their help. Last year 283 individuals were sponsored, and each patient knew that someone was thinking about them during the holiday season. Anyone interested in helping by taking a name to shop for or by making a donation can do so by contacting Volunteer Services at USH.

Foster Grandparents arrive at 6 a.m. each day to prepare breakfast for the hospital's children's unit. They cook in the unit kitchen, making this breakfast as family oriented as possible. They laugh and talk with the children as they prepare to go to school.

The grandparents know that many of the children do not have relationships with their own grandparents and feel that they need the stabilizing influence grandparents can give. They want the children to know that they love them and care about them.

Last June all volunteers were honored at a recognition luncheon. Each received a bright red hat with a big sunflower attached. If we associated our volunteers with a color, red is appropriate. Red is a bright, lively and essential color that adds ZEST wherever it appears - just like our USH volunteers.



Gray Ladies who were involved in recreation, art, needlework, painting and sewing in the 1950s.

Current volunteers carry on that tradition, but change their colors.



Training Tidbits



**Learning is a treasure
that will follow its
owner everywhere.
- Chinese Proverb**

Looking to expand your knowledge? Take advantage of some of the upcoming training opportunities supported by the department:

The Utah State Developmental Center 2006 Annual Fall Conference

October 4, 2006

Utah State Developmental Center
American Fork, Utah

For additional/registration information contact Stephanie Nelson, 801-763-4057, sonelson@utah.gov. Note: Registration fees apply.

National Alliance on Mental Illness Utah – State Conference 2006

October 6, 2006

Ogden Eccles Convention Center
Ogden, Utah

For additional/registration information contact NAMI Utah, 801-323-9900 or 1-877-230-6264, or visit <http://www.namiut.org>. Note: Registration fees apply.

5th Annual Caregiver Conference

October 21, 2006

South Towne Expo Center
Sandy, Utah

For additional/registration information, contact Intermountain EAP, 1-800-832-7733. Note: Registration fees apply.

National Case Management Conference

October 21-25, 2006

Sheraton Hotel
Salt Lake City, Utah

For additional/registration information visit, www.yournacm.com/2006conference.html or contact Linda at NACM, 864-944-9788, lindanacm@aol.com. Note: Registration fees apply.

10th Annual Critical Issues Facing Children & Adolescents Conference

October 23-24, 2006

Hilton Salt Lake City Center
Salt Lake City, Utah

For additional registration information, contact Tia Korologos at ESI Management Group, 801-272-9446, tia_esimgt@msn.com. Note: Registration fees apply.

Utah Gerontological Society 15th Annual Conference

October 27-28, 2006

Holiday Inn St. George/Gayle & Mary Aldred Senior Center

St. George, Utah

For additional/registration information, visit www.ugsutah.org or contact Bonnie Athas, 801-538-3925, bonnieathas@utah.gov. Note: Registration fees apply.

7th Annual Suicide Prevention Conference

November 3, 2006

Brigham Young University Conference Center
Provo, Utah

For additional/registration information contact Cathy at Provo City School District, 801-374-4802, cathyb@provo.edu. Note: Registration fees apply.



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Mother Superior - Meth, Moms & Recovery

Liz Sollis, EDO

OREM - "There is really only one way to describe it, utter and complete powerlessness," a recovering meth mom said. "I started using meth over 10 years ago and was in and out of treatment and trouble for a long time. I have two beautiful daughters and have been clean for 20 months."

She spoke during the screening of "Mother Superior" a DVD produced by two Utah teens. The young film producers explored the lives of Utah mothers addicted to methamphetamine.

Methamphetamine use is increasing dramatically among men and women nationwide. Utah is not immune, especially when it comes to women. Salt Lake City is third in the nation for methamphetamine use among women. Meth is not only an urban drug of choice; it is increasingly the choice of women in rural Utah also. Statewide, women account for 37% of substance abuse treatment admissions last year.

Gov. Jon M. Huntsman Jr. and First Lady Mary Kaye Huntsman attended the Orem screening and recognized the young women for their work. "This is the most dangerous drug in existence today," said Gov. Huntsman. "Public outreach and awareness about this drug is absolutely neces-



Gov. Jon M. Huntsman Jr. and First Lady Mary Kaye Huntsman recognized the producers, two Utah teens.

sary. These moms need help. They're human beings. Good folks."

"Mother Superior" would be an excellent in-service training for all department staff. Substance abuse is a concern in all of human services.

A limited supply of copies of the DVD are available from Elizabeth Sollis, (801) 538-4275 or esollis@utah.gov.

The Limelight

Recognition Guide

Recognition Guide:

- A 45 minute in-service guide
- Created by the department's Recognition Council
- Packed with information and ideas on employee recognition
- Coming to your team this Fall

Thank you to Josette Harding of the Utah State Developmental Center for the name, "The Limelight"

Contact Donna L. Russell, 801/538-4608, DLRussell@utah.gov for more information.

Recovery Month - "Fulfill Your Dream by Staying Clean"

September 9, 2006 – the State Division of Substance Abuse and Mental Health, Salt Lake County and other participating agencies sponsored and participated in Utah's 5th Annual Recovery Day. This event was a celebration for those recovering from addiction. This public event was free and aimed at raising awareness of substance abuse treatment and reducing stigma associated with addiction in the community.



Over 200 participants ran the 5K early Saturday, September 9th.

Children enjoyed free activities and food.



Everyone enjoyed great music and celebration of recovery.

"Fulfill Your Dream by Staying Clean"



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